



Keefe at Night

Continuing Education at Keefe Regional Technical School

Fall 2024 Catalog

Medical and Allied Health

Electrical

Real Estate

Plumbing

Welding

HVAC

Join Us to..

- learn a language
- plan your finances
- gain technical skills
- earn a certification
- take a dance class
- start a new hobby
- create art

And so Much More!

Construction Supervisor

Never Stop Learning

Keefe at Night

Certification and Licensing Preparation Programs

Tuition-Free Licensing/Certification Programs For Eligible Applicants

Journeyman Electrical Code Module 1 - Fall 2024
Journeyman Plumbing Tier 1 - Fall 2025
HVAC – Oil and Gas Burner Certification - Winter 2025

Medical & Allied Health Training/ Exam Preparation

Emergency Medical Technician (EMT) Certification
Clinical Medical Assistant Certification
Phlebotomy Technician Certification

Water Safety Certification

America's Boating (ABC3) Certification

Real Estate Training/Exam Preparation

Massachusetts Real Estate Salesperson Training

Trades License Training/Exam Preparation

Construction Supervisor - Unrestricted License
Hoisting 2A & 1C Exam Preparation/Continuing Education
Electrical Code - Journeyman Modules
Plumbing Code and Theory - Journeyman Tiers

Reiki Certification

Usui/Holy Fire Reiki, Level 1
Usui Holy Fire Reiki, Level 2

Frequently Asked Questions

Fall Semester Starts on September 4, 2024

This semester the vast majority of classes will take place at Keefe Tech, but we will continue to offer virtual and hybrid courses. In addition a few courses will take place at offsite locations.



Office Hours - Fall 2024

Starting in September our staff can be reached at the following times:

- Monday-Thursday:
8:00am-9:00pm
- Friday:
8:00am-4:00pm

Scheduled Cancellation Dates:

9/26, 10/3, 10/10, 10/14, 11/5, 11/11, 11/21, 11/27 & 11/28.

Please check your registration receipt for possible additional cancellation dates for your specific class/es.



Contact Information

Phone: 508-416-2170

Email: continuinged@jpkeefe.org

Website: Keefeatnight.org

Mailing Address: 750 Winter Street
Framingham, MA 01702



What technology do I need to join a virtual class?

A computer with audio and video, and an internet connection. A Zoom link will be sent to students in advance of class. You will use the same link for multiple-session classes.



Tuition Payment

Payment is due in full at time of registration. Please call us for information on payment plans for select courses.

Forms of Payment

We accept Cash, Visa, MasterCard, Checks, and Organization Purchase Orders.

Age Requirement

Unless otherwise noted, participants must be 18 years of age or older to participate in our programs.



Certificate of Class Completion

Upon successful completion of Licensing and Certification programs, students will receive a certificate of completion. Replacement certificates are available for a \$5.00 fee per certificate..

Missed Classes in Certification & Licensing Programs

There is a fee for make-up classes beyond the scheduled class hours.



Textbooks and Supplies

Keefe at Night does not operate a book/supply store. Please see the online course descriptions for information on books and supplies.



Registration/Confirmation Receipt

In addition to payment information, your receipt contains:

- Dates and times of your class & location
- Scheduled cancellation dates
- Books/Supplies information
- Withdrawal/Refund policy.

Withdrawal/Cancellation Refund Policy

Please see page 29 of this catalog for full details on refunds, and our policies and procedures.



Safety Protocols

Keefe at Night adheres to current (and future) safety protocols in place at Keefe Tech Regional High School.

Join Us!

Table of Contents

Arts & Crafts	4-5	Medical & Allied Health Certification Training	20-21
• Visual Arts	4	Music	21
• Floral Design	4	Personal Enrichment	21-22
• Textile Arts	4-5	Pet Health	22
Boating Safety	5	Real Estate	22-23
Career and Business Tools	5-6	Reiki	23
Computer Technology & Applications	6	ServSafe Certification	24
Cooking.....	8	Small Engine Repair	24
• Cuisine	8	Sports	24
• Sweets/Desserts	8	Trades – License Exam Preparation	24-25
Essential Adult Education Courses	10	• Construction	24
• GED Preparation Courses	10	• Electrical	24
Finance & Retirement Planning	10	• Plumbing	25
Fitness	10-13	Tuition-Free Programs	
• Dance	10-11	(for eligible participants)	15-17
• Exercise Classes	11	• Electrical	15
• Water Exercise	12-13	• HVAC	16
• Yogalates	12	• Plumbing	17
Health & Wellness	13	Travel	26
Hobbies/Bridge	13	Welding	26
Home & Garden	14	Writing	26
Language Arts	18-19		
• English Language Courses	18	General Information	29-30
• American Sign Language	19	Registration Form & Refund Policy	31
• International Languages	19		

Full course descriptions including instructor bios, books/supplies information and scheduled class cancellations can be found online at keefeatnight.org.

New York Broadway Trip Saturday, November 23



Age Requirement:

Children 13+ are welcome on this trip.

TRIPS02-Fall2024

\$109.00

11/23/2024-11/23/2024

Days: Sa

7:30 AM - 11:00 PM

Sessions: 1

Please see full description on page 26.

ARTS & CRAFTS

Visual Arts

Acrylic Painting - In Person

In this class you will learn about color theory and the acrylic medium. Students will explore the medium on a teacher-assigned project, or can start painting on their own, implementing ideas and subject matters in which they are interested. Terri will be available to guide you throughout the process. **A list of required materials is available on the online description.** No class: 11/27. **Instructor: Terri Regotti.**

ART01-Fall2024 \$199.00
09/25/2024 - 12/04/2024 Days:W
6:00PM - 9:00PM Sessions: 10
Keefe Tech, Ground Floor, Design and Visual

Drawing for Beginners - In Person

The course curriculum will include specific techniques that will help students learn “how to see,” based on the principles and elements of art, composition, positive and negative space. We will use pencils, black markers and conte crayons. Students will receive handouts for each lesson. We encourage students to learn the vocabulary on the handouts as it will be included in the discussion during class. **A list of required materials is available on the online description.** No Class: 10/14 & 11/11. **Instructor: Terri Regotti.**

ART02-Fall2024 \$199.00
09/23/2024 - 12/09/2024 Days:M
6:00PM - 9:00PM Sessions: 10
Keefe Tech, Ground Floor, Design and Visual

Drawing II - In Person

This is an advanced art class. Each student enrolling in this class will have already worked with the teacher in Beginner Drawing and/or Acrylic painting. Depending on the student's interest and what medium the student wants to explore, each project is planned between the teacher and the student. **A list of required materials is available on the online description.** No Class: 9/26, 10/3, 10/10, 11/21, & 11/28. **Instructor: Terri Regotti.**

ART05-Fall2024 \$199.00
09/05/2024 - 12/12/2024 Days:Th
6:00PM - 9:00PM Sessions: 10
Keefe Tech, Ground Floor, Design and Visual

Floral Design

Floral Thanksgiving Centerpiece - In Person

In this floral class we will create an Autumn candle flower arrangement that will be a perfect centerpiece in your home with rich fall colors, foliage and fillers. This common design is a principal arrangement at florist locations. When you leave with the design you created, it will keep your guests wondering where you purchased it. Flowers and materials are included in the cost of tuition. **Instructor: Dawn Bagocius.**

ACFD18-Fall2024 \$75.00
11/19/2024 - 11/19/2024 Days:TU
6:00PM - 8:00PM Sessions: 1
Keefe Tech, Ground Floor, Horticulture

Fabulous Holiday Wreath - In Person

Learn how to professionally create a holiday wreath from scratch using a variety of seasonal greenery. Learn some simple tricks that take ordinary to extraordinary. Bring your favorite ribbon, and a glue gun if you have one. Wreaths and materials are included in the cost of tuition. **Instructor: Dawn Bagocius.**

ACFD2-Fall2024 \$75.00
12/10/2024 - 12/10/2024 Days:TU
6:00PM - 8:00PM Sessions: 1
Keefe Tech, Ground Floor, Horticulture

Textiles

Please visit the online course descriptions to view lists of supplies for the knitting classes. If you have any questions or would like to discuss a possible project, feel free to contact Jessica Pelon through her website at: Keefe.pugstitches.com

Knitting for Beginners - In Person

This class is designed for new knitters as well as anyone needing a refresher. We will discuss different yarns, needles, tools, how to knit, purl, increase, decrease, make a gauge and more! Students will be able to apply what they learn to individual projects. Practice supplies will be provided by the instructor. Students are also encouraged to bring any needles or yarn they already have. Students will need to purchase additional project supplies. **Instructor: Jessica Pelon.**

ARTTXT03-Fall2024 \$129.00
09/17/2024 - 10/22/2024 Days:TU
6:30PM - 9:00PM Sessions: 6
Keefe Tech, Main Floor, 203

Inclement Weather Class Cancellations -



Information will be posted on our website and our Facebook page. You can also call 508-416-2170 for a recorded message.

ARTS & CRAFTS

Knitting Workshop - In Person

This is the perfect continuation of the Knitting for Beginners class and is also great for experienced knitters. Learn a new technique, start a project, finish a project you have lying around, or do all the above. In this independent study class, students will work on projects of their own choosing with the confidence of knowing someone is there to guide and support them. Come to the first class with practice or project supplies in hand. Students will need to purchase their own project supplies. No Class: 11/27. **Instructor: Jessica Pelon.**

ARTT01-Fall2024

10/30/2024 - 12/11/2024

6:30PM - 9:00PM

Keefe Tech, Main Floor, 203

\$119.00

Days:W

Sessions: 6

Stranded Colorwork Knitting - In Person - NEW!

Learn to knit with two or more colors at once! Find out tips and tricks for making beautiful colorwork projects. In the first class, we will learn a magic loop and how to knit with two colors at once. Then students will decide on a colorwork project. Go to <http://keefe.pugstitches.com> and check out the "Stranded Colorwork" page to get more information and see project ideas. **Instructor: Jessica Pelon.**

ARTT05-Fall2024

09/18/2024 - 10/23/2024

6:30PM - 9:00PM

Keefe Tech, Main Floor, 203

\$119.00

Days:W

Sessions: 6

BOATING SAFETY

America's Boating (ABC3) Certification - In Person

Whether you own a boat, are thinking of getting a boat, or just like to float around the water in your friends' boat - this course will prepare you for life on the water. This course is taught by experienced members of the US Power Squadron, a private national organization dedicated to teaching safe boating. Students who complete this course successfully will receive a safety certificate, required in most states for operation of a water craft. This certificate provides you with a discount on your boat insurance! The textbook and other tools are included in the cost of tuition. **Instructor: Nobscot Sail and Power Squadron Staff.**

SP02-Fall2024

09/24/2024 - 10/29/2024

7:00PM - 9:30PM

Keefe Tech, Ground Floor, Design and Visual

\$129.00

Days:Tu

Sessions: 6



**Inclement Weather Class
Cancellations -**
Information will be posted on our website and our Facebook page. You can also call 508-416-2170 for a recorded message.

CAREER & BUSINESS TOOLS

Craft Your Career: Tools to Boost or Switch Your Career - In Person - NEW!

Whether you're thinking about a career switch, want to launch a small business, or just feel stuck and unmotivated in your current job, this workshop will help you build an inspiring action plan for success. Generate ideas for navigating your next steps and discover helpful tips for getting unstuck and staying focused. We'll also review strategies around mentorship and development. **Instructor: MaryEllen Giombetti.**

HEALTHW16-Fall2024

10/09/2024 - 10/09/2024

6:00PM - 7:30PM

Keefe Tech, Main Floor, 208

\$39.00

Days:W

Sessions: 1

LinkedIn: Improve/Develop Your LinkedIn Professional Profile - In Person

LinkedIn is a useful tool for your professional career. Whether you are job hunting, looking for the right contacts or to develop your career prospects, LinkedIn is a great first step. In this class you will learn how to complete your professional page and learn how to optimize your profile and research to take advantage of all that LinkedIn has to offer. **Instructor: Annabelle Lebas.**

BZTOOLS08-Fall2024

10/24/2024 - 10/24/2024

6:00PM - 8:00PM

Keefe Tech, Main Floor, 207

\$39.00

Days:Th

Sessions: 1

Business Skills Workshop - In Person - NEW!

This Business Skills Workshop is a 3-hour introductory class designed to help entrepreneurs, business owners, and others learn the key elements of starting, growing, and building a highly successful company. This class covers developing, monitoring, modifying, and implementing an Effective Business Plan to position the company for growth and prosperity, including some critical components that most similar presentations do not cover. The information and concepts learned in this Business Skills Workshop cover every business in every industry. **Instructor: Bruce Share.**

BZTOOLS11Fall2024

10/23/2024 - 10/23/2024

6:00PM - 9:00PM

Keefe Tech, Main Floor, 206

\$59.00

Days:W

Sessions: 1



Visit Our Website

Full course descriptions can be found online at Keefeatnight.org.

CAREER & BUSINESS TOOLS

How to Promote and Market Your Small Business - *Virtual Platform/Live Instruction* - NEW!

If you have services to offer, or products to sell, you can use a website to make money for you on the side. This 2-hour class will show you how to set up a website to showcase your business and how to market your business. This is an introductory class. There is no need to have a website. A zoom link will be sent to your email account in advance of class. Please see the online description for a full list of topics that will be covered. **Instructor: Fan Stanbrough.**

COWEB27-Fall2024	\$49.00
12/04/2024 - 12/04/2024	Days:W
7:00PM - 9:00PM	Sessions: 1
Live Virtual Classroom	

Open and Manage an Online Shop - *Virtual Platform/Live Instruction* - NEW!

If you have products to sell, digital products which can be downloaded, or services to offer, you can use an eCommerce website to make money on the side. Opening an eCommerce online shop is not as hard as you think. You don't need to be a webmaster or a coding guru. We designed a 2-hour class to go through the essential topics. This is an introductory class, so you do not need to have a website. A link to the zoom meeting will be sent to your email in advance of class. **Instructor: Fan Stanbrough.**

COWEB26-Fall2024	\$49.00
11/06/2024 - 11/06/2024	Days:W
7:00PM - 9:00PM	Sessions: 1
Live Virtual Classroom	

Instagram for Business Owners - In Person

In this 90-minute course geared towards beginners, we will address everything that you need to know if you're just starting out using Instagram to promote your business. We will cover how to use the platform itself, as well as some of the terminology of the platform, and how businesses specifically can use Instagram to make new connections and put their products and services out into the world. **Instructor: Lauren Briggs.**

BZTOOLS15-Fall2024	\$29.00
11/19/2024 - 11/19/2024	Days:Tu
6:30PM - 8:00PM	Sessions: 1
Keefe Tech, Main Floor, 210	

Intro to Social Media for Business - In Person

Learn to effectively promote your business or organization through social media. If you are looking to tap into social media to promote your business and need some help getting started, this course is for you. We will explore the basics of different social media platforms and learn how to use Facebook specifically for both promotion and improved customer engagement. **Instructor: Lauren Briggs.**

BZTOOLS4-Fall2024	\$59.00
11/13/2024 - 11/20/2024	Days:W
6:30PM - 9:00PM	Sessions: 2
Keefe Tech, Main Floor, Room 208	

COMPUTER TECHNOLOGY AND APPLICATIONS

Microsoft Excel 1 - Intro - In-Person

MS Excel is a full-featured spreadsheet for PCs. Learn to use this popular program effectively in office and home applications. Create and edit worksheets and workbooks. Take home the practical knowledge required to use the program and apply it to real-life situations. Hard Copy of Textbook to be purchased in advance of class: Microsoft Excel 2019, Level 1, 30 Bird Media: <https://www.30bird.com/shop/excel-2019-level1>. **Basic PC skills are required.** The first 2 1/2 hours of this class will be dedicated to lectures and hands-on practice in a computer lab. The last half hour will be available for questions students may have. **Instructor: Patricia Boyd.**

COMS07-Fall2024	\$169.00
10/16/2024 - 11/06/2024	Days:W
6:00PM - 9:00PM	Sessions: 4
Keefe Tech, Second Floor, Library	

Microsoft Excel Pivot Tables - *Virtual Platform/Live Instruction*

Spreadsheet skills are essential in today's workplace. But merely compiling all your data into a spreadsheet is one thing; making sense of it is another. Pivot tables allow you to arrange information quickly and efficiently so you can examine it from various perspectives. Students must have access to Excel 2013 or later versions to be able to attend this class. **Prerequisite:** Basic MS Excel skills. A class invitation link will be sent to your email account in advance of class. **Instructor: Ray Pourali.**

COMS201-Fall2024	\$49.00
10/24/2024 - 10/24/2024	Days:Th
6:30PM - 8:30PM	Sessions: 1
Live Virtual Classroom	

Design Your Own WordPress Website in 4 Hours - *Virtual Platform/Live Instruction*

Design a WordPress website and start your online journey. This class is a beginner class, designed for people with no WordPress experience and no coding knowledge. Your instructor will share the most practical knowledge. You will learn how to quickly set up a simple WordPress website. A class link will be sent to your email in advance of class. **Instructor: Fan Stanbrough.**

COWEB25-Fall2024	\$69.00
10/16/2024 - 10/23/2024	Days:W
7:00PM - 9:00PM	Sessions: 2
Live Virtual Classroom	

Scheduled Cancellation Dates:
9/26, 10/3, 10/10, 10/14,
11/5, 11/11, 11/21, 11/27 & 11/28

Careers in Medical and Allied Health



Clinical Medical Assistant Certification Training

This program includes 140 classroom hours and 160 hours* of hands-on clinical training. Students successfully completing this program are eligible to sit for the Healthcareer Association Clinical Medical Assistant Certification Exam.

*The 160-hour externship begins shortly after completion of the program.

MEDCMA1-Fall2024	\$2749.00
09/17/2024 - 12/19/2024	Days: Tu, Th, Sa
Tu, Th: 6:00PM - 9:30PM	Sessions: 34
Sa: 9:00AM - 4:30PM	

Phlebotomy Technician Certification Training

This program includes 90 classroom hours and up to 120 hours* of hands-on clinical training. Students successfully completing the program are eligible to sit for the Healthcareer Association Phlebotomy Technician Certification Exam.

*The externship begins shortly after completion of the program.

MEPHLEBT1-Fall2024	\$1979.00
09/30/2024 - 12/11/2024	Days: M, W, Sa
M, W: 6:00PM - 9:30PM	Sessions: 24
Sa: 9:00AM - 3:00PM	

Emergency Medical Technician Certification Training

This hybrid class is taught by Metro-West EMS Educators, which is accredited by the Massachusetts Office of Emergency Services. Upon successful completion of this 160-hour course, students will be able to take the practical and written certification exams to become certified in the Commonwealth of Massachusetts and nationally. This course includes AHA Healthcare Provider CPR.

MEDEMT1-Fall2024	\$1199.00
09/05/2024 - 12/07/2024	Days: Sa
9:00AM - 1:00PM	Sessions: 12 in-person

Become Certified in Less Than 4 months!

Programs:

- Clinical Medical Assistant Certification Training
- Phlebotomy Technician Certification Training
- Emergency Medical Technician, EMT Certification Training Program - Hybrid Format

Certifications:

Clinical Medical Assistant and Phlebotomy students successfully completing their program are eligible to sit for the National Healthcareers exam.

EMT students completing the EMT program are eligible to become certified nationally and in the Commonwealth of Massachusetts.

COOKING

We recommend that you park on the east side of the building (across from Loring Arena) as the Kitchen is very close to that entrance.

Cooking: Cuisine

Not-so-scary Main Courses - In Person - NEW!

They're only scary if you let them be! Join us for an evening of cooking elegant meals fit for company or a special evening with family. Paella, coq au vin and beef wellington are on the menu! And come hungry - we'll eat our work at the end of the night! **Instructor: Meredith Elkins.**

CA108-Fall2024	\$75.00
11/06/2024 - 11/06/2024	Days:W
5:30PM - 8:30PM	Sessions: 1
Keefe Tech, Main Floor, Kitchen	

French Dishes - In Person - NEW Recipes!

Do you love French food? Do you wish you knew how to prepare a favorite dish? Join Annabelle on a night of French cooking and fun. In this class you will learn to make crêpes sarrasin salées (Salty buckwheat "crepe"), moule marinière et Frite (mussel and french fries), and crêpes sucrées (sweet "crepe"). Annabelle has received rave reviews for her cooking classes. We are sure that you will very much enjoy this class. **Instructor: Annabelle Lebas.**

CA119-Fall2024	\$75.00
12/12/2024 - 12/12/2024	Days:Th
5:30PM - 8:30PM	Sessions: 1
Keefe Tech, Main Floor, Kitchen	

So You Think You Can't Cook? - In Person - NEW!

For anyone who thinks they can't cook! The class will cover introductory recipes and techniques (roast chicken, meatloaf, beef stew, mac & cheese) to help grow your confidence in the kitchen. Variations, meal prep and how to show for/source ingredients will also be discussed. At the end of the night, we'll eat our work, so come hungry! **Instructor: Meredith Elkins.**

CA128-Fall2024	\$75.00
10/16/2024 - 10/16/2024	Days:W
5:30PM - 8:30PM	Sessions: 1
Keefe Tech, Main Floor, Kitchen	



Cooking: Sweets / Desserts

Sweet and Savory Gifts from the Kitchen - In Person - NEW!

Who doesn't like an edible gift during the holidays? For teachers, hostesses or anyone else on your list, this class will teach you how to make edible gifts that people will be amazed when they learn they came from your kitchen. Recipes will include chocolate-covered pretzels, peppermint bark, spiced nuts, cheese straws, marinated olives and more! Packaging for gift giving will also be covered. **Instructor: Meredith Elkins.**

CA22-Fall2024	\$75.00
12/11/2024 - 12/11/2024	Days:W
5:30PM - 8:30PM	Sessions: 1
Keefe Tech, Main Floor, Kitchen	

Holiday Cookies: Introduction to Flood Frosted Cookies - In Person - NEW!

You may have seen the gorgeous glossy cookies so popular on Pinterest and in bakeries, but you can make them too! It takes practice and patience, and a good handle on the basic ingredients, equipment and techniques. This class will dive right into flood frosting - no baking! And just in time for the holidays! **Instructor: Meredith Elkins.**

CASWEETS01-Fall2024	\$75.00
12/04/2024 - 12/04/2024	Days:W
5:30PM - 8:30PM	Sessions: 1
Keefe Tech, Main Floor, Kitchen	

Holiday Cookie Swap - In Person - NEW!

There's nothing as festive as a beautiful plate of holiday cookies. But who has the time? Join us for an evening of cookie baking and swapping! We'll bake a selection of cookies and share them among all participants for a delicious cookie tray you can bring home and share with friends and family for the holidays! **Instructor: Meredith Elkins.**

CASWEETS02-Fall2024	\$75.00
12/18/2024 - 12/18/2024	Days:W
5:30PM - 8:30PM	Sessions: 1
Keefe Tech, Main Floor, Kitchen	

Peeps, Fudge & Truffles, Oh My! - In Person - NEW!

Learn to make your own marshmallow Peeps®, fudge, and truffles. Easy to make, and delicious to eat! **Instructor: Meredith Elkins.**

CASWEETS03-Fall2024	\$75.00
11/20/2024 - 11/20/2024	Days:W
5:30PM - 8:30PM	Sessions: 1
Keefe Tech, Main Floor, Kitchen	

Please sign up early so that we meet our minimum class enrollment.

Construction Supervisor Unrestricted License Exam Preparation - In Person

Registration Deadline: October 17. Only a person licensed by the Massachusetts Board of Building Regulations and Standards may supervise the construction and renovation of all one and two family dwellings and all buildings containing less than 35,000 cubic feet of enclosed space. This class will help you prepare for your Massachusetts Construction Supervisor Unrestricted License exam. This course requires students to devote a significant amount of time familiarizing themselves with the building code materials and methods of preparation for the exam.



All Textbooks and Study Materials (\$500 value) are included in the cost of tuition.

Prerequisite to take the State Exam: Three years of documentable construction experience.

CONSTRUCTLIC-Fall 2024

10/24/2024 - 12/12/2024

6:00PM - 8:00PM

\$899.00

Days: Th

Sessions: 6

Hoisting 2A and 1C Exam Preparation/ Continuing Ed. Credit - In Person

This course counts toward Massachusetts Continuing Education credit. This class will prepare you to take the Massachusetts Hoisting License exam. You will review the exam application process and the requirements for the D.O.T health certificate, which qualifies you to take the exam.

TP100-Fall2024

10/02/2024 - 10/09/2024

5:00PM - 8:00PM

\$169.00

Days: W

Sessions: 2

Massachusetts Real Estate Salesperson Training - In Person

This class is your first step to becoming a licensed real estate salesperson! Completion of this course will qualify students to sit for the Massachusetts Real Estate Salesperson's Test.

This course is taught by professionals from Framingham-based Key Realty Services University, an approved, fully licensed and credentialed Massachusetts Real Estate School. The course is taught in both lecture and interactive format. At the completion of the program you will receive a certification booklet, which allows you to take the state examination. If you score 70% or better on your exam, you will receive your license that day!

Textbook Requirement: Textbooks must be purchased in advance of class: Massachusetts Real Estate Practice & Law 11th edition & Modern Real Estate Practice 21st Edition Set. **Please see online description for store link.**

Important: If you already hold a Real Estate License, this Pre-Licensing course is not for you.



REALESTATE1-Fall2024

9/30/2024 - 11/20/2024

6:00 PM - 9:00 PM

\$369.00

Days: M,W

Sessions: 15

ESSENTIAL ADULT EDUCATION COURSES

GED Preparation Courses (Self-paced)

This program is offered through our training partner Ed2go. GED Preparation Classes are available for registration. The registration process is different, however. Please visit this link to view information on classes or to register online: <https://www.ed2go.com/kan/SearchResults.aspx?SearchTerms=ged>.

Students have access to these online/self-paced classes 24/7 for a determined period of time. Please be aware that there is no live instruction included with this course. Important: For information on GED® testing in Massachusetts, please visit: <http://www.doe.mass.edu/hse/>.

FINANCE / RETIREMENT PLANNING

Transitioning Into Retirement - Beyond Finances - In Person

So it's here...or about to be here. Maybe by choice or maybe not. Retirement is like a vacation that can last forever, but - like vacations - it has its own 'stressors.' Making a plan for life after retirement is crucial. This course explores areas beyond finances such as: life stages of work and retirement; the importance of short- and long-term goal setting; part-time jobs for retirees; how to rebuild your social network and retirement success stories. This is not a 'Finance' Class - but a blueprint for a happy and fulfilling retirement! **Instructor: Herbert Fuchs.**

RETIREPLAN1-Fall2024

10/16/2024 - 10/16/2024

6:00PM - 9:00PM

Keefe Tech, Main Floor, 208

\$39.00

Days:W

Sessions: 1

The A's, B's, C's and D's of Medicare - In Person

If you are interested in learning more about Medicare, we invite you to attend this one-night session. You will learn about Medicare enrollment; medical plan requirements; options, and penalties assessed if you do not enroll in medicare at the predetermined time. Join us for this informative and vitally important workshop. **Instructor: Peter O'Neil.**

FINRE8-Fall2024

10/01/2024 - 10/01/2024

6:30PM - 8:00PM

Keefe Tech, Main Floor, 210

\$29.00

Days:TU

Sessions: 1

FINRE8-Fall2024

11/14/2024 - 11/14/2024

6:30PM - 8:00PM

Keefe Tech, Main Floor, 210

\$29.00

Days:Th

Sessions: 1

Keefe at Night's
cancellation and refund policy
can be found on page 29.

FINANCE / RETIREMENT PLANNING

Social Security: Your Questions Answered - In-Person

In this class you will learn ways to maximize Social Security benefits for individuals and couples based on age, life expectancy, employment and need. **Instructor: Alex Winkelmann.**

FINRET1-Fall2024

10/17/2024 - 10/17/2024

6:00PM - 7:30PM

Keefe Tech, Main Floor, 208

\$29.00

Days:Th

Sessions: 1

What Happens After the Paychecks Stop? - In-Person

Are you nearing retirement or are between the ages of 50-70? Then this class is for you. Examine how to budget for retirement expenses, potential sources of retirement income and potential risks such as long-term care and health care costs. **Instructor: Alex Winkelmann.**

FINRET2-Fall2024

11/14/2024 - 11/14/2024

6:00PM - 7:30PM

Keefe Tech, Main Floor, 204

\$29.00

Days:Th

Sessions: 1

Wills, Trusts, and Estate Planning: Protecting What Matters

Most - In Person

During the course, students will learn the fundamentals of Estate Planning and the tools required to keep families out of court and conflict. Overall, the course is an opportunity for individuals and families to learn how to protect their loved ones and their assets in the way they want them to be protected, if someone is to become incapacitated and/or when they pass away. **Instructor: Erica Endyke.**

FINRET3-Fall2024

10/02/2024 - 10/02/2024

5:30PM - 6:30PM

Keefe Tech, Main Floor, 204

\$29.00

Days:W

Sessions: 1

FINRET3-Fall2024

12/10/2024 - 12/10/2024

5:30PM - 6:30PM

Keefe Tech, Main Floor, 204

\$29.00

Days:TU

Sessions: 1

FITNESS

Dance

Belly Dancing with Jemileh - All Levels - In Person

This class is suitable for dancers of all levels. It will be an introduction to the rich repertoire of moves and combinations that make up this beautiful art form. Classes will also include drills to help build strong muscle control as well as techniques to increase flexibility and grace. Wear comfortable clothes- a comfortable top and yoga pants - fitted ankles so Jemileh can see how your feet/ankles are moving. Bring: water, and willingness to have a great time. No Class: 10/14 & 11/11. **Instructor: Jemileh (Jaqui Martir).**

FTBELLYD1-Fall2024

09/09/2024 - 12/09/2024

6:00PM - 7:00PM

Keefe Tech, Main Floor, Stage in Auditorium

\$139.00

Days:M

Sessions: 12

Belly Dancing: Skills and Drills - In Person - NEW!

This class builds on the beginner skills that were learned in Belly Dance for Beginners with Jemileh. It is a 1 hour class that will work on improving control, building and improving the mind/body connection by creating neural pathways and conscious control of breath and muscle work. Wear comfortable clothes- a comfortable top and yoga pants - fitted ankles so Jemileh can see how your feet/ankles are moving. Bring: water, and willingness to have a great time. No Class: 10/14 & 11/11. **Instructor: Jemileh (Jaqui Martir).**

FTBELLYD3-Fall2024 \$139.00
09/09/2024 - 12/09/2024 Days:M
7:15PM - 8:15PM Sessions: 12
Keefe Tech, Main Floor, Stage in Auditorium

Ballroom Dancing - Couples/Pairs - In Person

Have fun learning with other beginners and dance with confidence. This beginner course will focus on four of the most popular ballroom dances - two American Smooth (Waltz and Foxtrot) and two Rhythm/Latin (Rumba and Cha-Cha). If you have dance shoes, great; if not, any shoe with a low heel that is secure on your foot and slides along the floor will work. The cost of tuition is \$195 per couple/pair. No Class: 10/14, 11/4, & 11/11. **Instructor: Steele Shane.**

FTBR01-Fall2024 \$195.00
09/23/2024 - 12/16/2024 Days:M
7:30PM - 8:30PM Sessions: 10
Keefe Tech, Main Floor, Gym

East Coast Swing - Couples/Pairs - In Person

Join us in learning single time and triple step swing. Most of the steps and arm movements can also be applied to freestyle dancing. You'll learn the basic rhythm, tucks, underarm turns, and more! We will also work on improving your "lead and follow" dance skills, connection, and musicality. If you have dance shoes, great; if not, any shoe with a low heel that is secure on your foot and that slides along the floor will work. The cost of tuition is \$195 per couple/pair. No Class: 10/14, 11/4, & 11/11. **Instructor: Steele Shane.**

FTSWING01-Fall2024 \$195.00
09/23/2024 - 12/16/2024 Days:M
6:30PM - 7:30PM Sessions: 10
Keefe Tech, Main Floor, Gym

Line Dance: Beginner Level - In Person

Line dance is a fantastic way to get your body moving and improve your balance and memory, all while enjoying diverse styles of music, including country, pop, oldies and more! Line dance is fun and easy, and you don't need any special tools, clothes, or a partner - just comfortable soft-soled shoes that slide easily on the floor. No Class: 11/5 & 11/26. **Instructor: Robin Sparr.**

FTLINE01-Fall2024 \$119.00
09/17/2024 - 12/03/2024 Days:Tu
6:15PM - 7:15PM Sessions: 10
Keefe Tech, Main Floor, Gym

Line Dance: Improver Level - In Person

This class is for individuals with some previous dance experience, including previous beginner-level students who feel they have mastered the dances learned last semester. The level of dances taught will include high beginner, improver, and low-intermediate. We will build upon skills learned at the beginner level, and some easy dances will be included (with one wall walk-through) to maintain and grow our repertoire. **Dancers with some experience are welcome to register for both classes;** there will be a 15 minute break in between to rest and hydrate! No Class: 11/5 & 11/26. **Instructor: Robin Sparr.**

FTLINE02-Fall2024 \$119.00
09/17/2024 - 12/03/2024 Days:Tu
7:30PM - 8:30PM Sessions: 10
Keefe Tech, Main Floor, Gym

Exercise Classes

Gentle Stretch With Jo-Ellen McCarrick - All Levels - In Person

Suitable for all levels. This class will help to improve flexibility, alleviate back pain, reduce muscle tension, promote relaxation and relieve stress. Floor work required. Participants should bring a mat or towel and water. No class: 10/8, 11/5, & 11/12. **Instructor: Jo-Ellen McCarrick.**

FITNESSGS2-Fall2024 \$119.00
09/17/2024 - 12/10/2024 Days:Tu
7:15PM - 8:15PM Sessions: 10
Keefe Tech, Main Floor, Stage in Auditorium

Quick Fit Circuit Training with JoEllen McCarrick- In Person

Rev up your fitness workout with circuit training. This is a perfect workout for those crunched for time, as it incorporates all exercise components - one workout hits it all! All ability levels are welcome! Bring hand-held weights suitable for your ability, a mat for floor work, and water. No Class: 10/8, 11/5, & 11/12. **Instructor: Jo-Ellen McCarrick.**

FITNESSQF3-Fall2024 \$119.00
09/17/2024 - 12/10/2024 Days:Tu
6:00PM - 7:00PM Sessions: 10
Keefe Tech, Main Floor, Stage in Auditorium



Visit Our Website
Full course descriptions can be found online at Keefeatnight.org.

FITNESS

Yogalates

Yogalates with Karen Fishman - In-Person

Join Karen for her signature 30/30 class, great for all levels! This popular class will help you build strength, improve posture, and tone your whole body. Class begins with a warm-up followed by mat-based pilates, then transitions to Hatha style yoga, combined with traditional stretch. Class ends with guided meditation. Bring a yoga mat, blocks (if needed), a yoga strap or towel and water. Class size is limited. No Class: 9/26, 10/3, 10/10, 11/21, 11/28, & 12/26. **Instructor: Karen Fishman.**

YOGALATES-Fall2024 - Section 1 \$99.00
09/05/2024 - 10/31/2024 Days:Th
6:30PM - 7:30PM Sessions: 6
Modular Space Keefe Tech, Yoga Room

YOGALATES-Fall2024 - Section 2 \$99.00
11/07/2024 - 01/02/2025 Days:Th
6:30PM - 7:30PM Sessions: 6
Modular Space Keefe Tech, Yoga Room

General information can be found on page 29.

Water Exercise

Hydropower - at Longfellow Club in Natick - NEW Location!

This is a total-body, deep-water workout, which includes a strong cardiovascular segment (modified for all levels of ability). **Instructor: Longfellow Club in Natick Staff.**

FITWATER4-Fall2024 \$149.00
09/09/2024 - 12/16/2024 Days:M
7:05PM - 8:05PM Sessions: 12
Longfellow Health Club, 203 Oak Street - Natick

Hydropower Plus - at Longfellow Club in Natick - NEW Location!

This is a total-body, deep-water workout. It includes a strong cardiovascular segment (modified for all levels of ability). Additional focus includes core, flexibility, & muscle conditioning- done **SIMULTANEOUSLY** for an effective & efficient class. Use of rubber tubing, hand weights, or noodles could be included to achieve these goals. **Instructor: Longfellow Club in Natick Staff.**

FITWATER5-Fall2024 \$149.00
09/11/2024 - 11/27/2024 Days:W
7:05PM - 8:05PM Sessions: 12
Longfellow Health Club, 203 Oak Street - Natick

Keefe at Night

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Visit our website for program details and to enroll:
ed2go.com/kan

FITNESS

Deep Water Workout - at Longfellow Club in Natick - NEW

Location!

A dynamic and fast-paced deepwater workout (done at your own pace), designed to help you transition into a fabulous weekend. **Instructor: Longfellow Club in Natick Staff.**

FITWATER6-Fall2024

09/12/2024 - 12/12/2024

5:20PM - 6:20PM

Offsite, Longfellow Pool - Natick

\$149.00

Days:Th

Sessions: 12

HEALTH AND WELLNESS

Qi Gong For Immune Health - In Person

Qi Gong is a system of gentle exercises used for thousands of years to overcome disease, increase health and vitality. This is a form of Qi Gong that combines specific sounds with simple arm movements and visualization to strengthen the internal organs and strengthen the immune system. The goal of the exercises is to harmonize the body and mind through deep breathing, whole body movement, and stretching.

Instructor: Joseph Foley.

QIGONG2-Fall2024

12/11/2024 - 12/11/2024

7:00PM - 9:00PM

Keefe Tech, Main Floor, 217

\$39.00

Days:W

Sessions: 1

Qi Gong for Arthritis - In Person

Also called "Chinese Yoga," this therapeutic form of Qi Gong incorporates whole body movement, stretching, and correct breathing to help you improve your energy and health. It is a tool for self-healing that can be used throughout your life. It is useful for people of all ages, especially senior citizens.

Instructor: Joseph Foley.

QIGONG3-Fall2024

10/09/2024 - 10/09/2024

7:00PM - 9:00PM

Keefe Tech, Main Floor, 217

\$39.00

Days:W

Sessions: 1

Qi Gong - Self Healing - In Person

Qi Gong is a system of gentle exercises used to increase health, vitality, and to overcome disease. This class will focus on Eight Brocade Qi Gong, a group of eight exercises whose origin can be traced back in China over two thousand years. The eight movements are designed to tune up all organ systems, to build a healthier body, and to help prevent disease. **Instructor: Joseph Foley.**

QIGONG1-Fall2024

11/13/2024 - 11/13/2024

7:00PM - 9:00PM

Keefe Tech, Main Floor, 217

\$39.00

Days:W

Sessions: 1

Scheduled Cancellation Dates:
9/26, 10/3, 10/10, 10/14,
11/5, 11/11, 11/21, 11/27 & 11/28

HEALTH AND WELLNESS

A Guide to Relaxation and Stress Reduction - In Person

Join us for a guided relaxation and stress reduction session, while learning a little about meditation. Enjoy a peaceful evening and come away not only feeling very relaxed, but with some new tools in your personal tool box to help you deal with stress. **Instructor: Elizabeth Meyer.**

HEALTHW8-Fall2024

11/13/2024 - 11/13/2024

7:00PM - 8:30PM

Keefe Tech, Second Floor, 317

\$29.00

Days:W

Sessions: 1

HOBBIES / BRIDGE

Beginners' Bridge - In Person

If you are looking for something entertaining and different to do with friends and family, then come and learn the wonderful and challenging game of Bridge. After completing this 8-class course, you will be able to play Contract Bridge with novice and expert alike. The class starts with a short lecture. We then split up into groups of four to practice newly learned points. There will be plenty of opportunity for questions in this very informal and fun setting. **Instructor: Tony Keats.**

HOBBY2-Fall2024

09/10/2024 - 10/29/2024

6:30PM - 9:00PM

Keefe Tech, Second Floor, 309

\$139.00

Days:TU

Sessions: 8

Bridge for the Advancing Bridge Player - In Person

This course is designed for people with some bidding and playing experience who want to improve their game. It will begin with a review of basic bidding from straight forward non-competitive auctions to competitive bidding. Some of the discussion will be expanded to include more advanced bidding methods. There will be ample time allowed for practice hands to help in learning new concepts covered each week. This is a fun and informal class. No Class: 10/2. **Instructor: Tony Keats.**

HOBBY1-Fall2024

09/04/2024 - 10/30/2024

6:30PM - 9:00PM

Keefe Tech, Second Floor, 309

\$139.00

Days:W

Sessions: 8

Inclement Weather Class Cancellations -



Information will be posted on our website and our Facebook page. You can also call 508-416-2170 for a recorded message.

HOME AND GARDEN

How to Create Great Interior Designs - In Person - NEW FORMAT

This class is for homeowners, budding designers and general contractors and subcontractors, for both residential and commercial spaces, who want to create better spaces. These groups share a common goal: completing a project on time, on budget, and with everybody happy at the end. The class will give students tools, design tips, and cover common (and sometimes costly) mistakes that can be easily avoided. Aspects of design that will be covered are: Class 1: Space and furniture planning; Class 2: electrical/lighting and plumbing; Class 3: colors and finishes (including tiling); Class 4: How to build your own moodboard using PowerPoint (**Please bring a laptop to this class**). The last class will be designed as a Questions & Answers session of real issues to test students' grasp of learnt material. No Class: 10/14. **Instructor: Celine Riard.**

HGLS12-Fall2024

09/16/2024 - 10/21/2024

6:00 PM - 8:00 PM

Keefe Tech, Main Floor, 206

\$109.00

Days:M

Sessions: 5

Backyard Foraging - Virtual Platform/Live Instruction - NEW!

Embark on a captivating adventure with "Backyard Foraging in MA." Discover the hidden treasures of wild edible plants and ancient herbal remedies while reconnecting with nature. Enroll now for a sustainable living experience that unlocks the rich tapestry of flavors in your own backyard. **Instructor: Ray Pourali.**

HGLS13-Fall2024

11/07/2024 - 11/07/2024

6:30PM - 8:30PM

Live Virtual Classroom


\$29.00

Days:Th

Sessions: 1

Please go to page 4 to view our floral design courses.

We look forward to seeing you in Fall!



Join our robust program. Keefe at Night has been successfully running 5 Tiers for over 8 years.

Earn all 550 hours required for licensure.

Learn from instructors with over 75 years of combined industry experience.

Complete the program in 4 years.

Journeyman Plumbing Code and Theory

Keefe at Night offers all five tiers of the Massachusetts Journeyman Plumbing Code and Theory Program.

Our 4-year Tier Program fulfills the required Tier Code & Theory portion of training for students wishing to become Massachusetts Journeyman Plumbers. Each Tier covers the state requirements for licensure.

Enrollment is open to non-licensed plumbing apprentices in Tier 1 ONLY. Students wanting to enroll in Tiers 2, 3, 4 & 5 must hold a current Massachusetts apprenticeship license and have successfully completed the previous tier.

With the exception of Tier 1 (see above), classes are open only to current apprentices licensed as a Massachusetts Plumbing Apprentice. Participants in the 5-Tier system are required to complete 550 classroom hours (110 hours per Tier) and 6800 apprenticeship work hours (1700 hours per work year) to qualify to take the Journeyman Plumber Test.

We strongly recommend that all students visit The Board of Registration of Plumbers and Gas Fitters website at: <https://www.mass.gov/plumber-licensing> for information on Journeyman License requirements and processes.

A 200-hour Tier 1 Tuition-Free Program is available for qualifying applicants. Please see page 17 for more information.



Tuition-Free / Zero Cost

*Workforce Skills Cabinet
Career Technical Initiative*

200-Hour Electrical Program

Apply to Start in September 2024

About the Program Grant

Grant funding for this course is administered by the Commonwealth Corporation on behalf of the Massachusetts Workforce Skills Cabinet. Keefe Regional Technical High School administers this program, in partnership with the MassHire Metro South/West Career Center.

Course Content

Launch your career as a Journeyman Electrician. This 200-Hour program includes the required 75 hours of code and theory studies for Module 1 as part of the Massachusetts Journeyman Electrician Module program. It also includes OSHA Certification, hands-on practice, and essential career development and employability skills training.

How to Apply

Please visit our website at Keefeatnight.org and click on the CTI Tuition-Free programs tab, which appears on the top menu of the main page. Read the "Eligibility" section of that page to determine if you pre-qualify for the program. If you meet the requirements, you can fill out the preliminary application - found on the same page. Following your application submission, we will contact you to discuss next steps.

Credentials Earned

- 10-Hour OSHA Certification
- Completion of Module 1 of the Massachusetts 8-Module Journeyman Electrical Code Program, for a total of 75 code hours.

Learn More & Submit Your Application Today

Scan the QR code included below to learn more and submit your preliminary application.

If you have any questions, please call us at 508-416-2170.

Please Note: **You can only apply for one program.**





Tuition-Free/Zero-Cost

Workforce Skills Cabinet
Career Technical Initiative

200-Hour HVAC Program

The Application Process will Start in Fall 2024

About the Program Grant

Grant funding for this course is administered by the Commonwealth Corporation on behalf of the Massachusetts Workforce Skills Cabinet. Keefe Regional Technical High School administers this program in partnership with the MassHire Metro South/West Career Center.

Course Content

This 200-hour program will prepare students to sit for the Massachusetts Oil Burner Technician Certification exam. Students will learn the basics of residential heating gas & oil burner technology, service, repair, installation and maintenance. The program also includes OSHA Certification, hands-on practice, and essential career development and employability skills training.

How to Apply

Please visit our website at Keefeatnight.org and click on the CTI Tuition-Free programs tab, which appears on the top menu of the main page. Read the "Eligibility" section of that page to determine if you pre-qualify for the program. If you meet the requirements, you can fill out the preliminary application - found on the same page. Following your application submission, we will contact you to discuss next steps.

Credentials Earned

- 10-Hour OSHA Certification
- Preparation to sit for the Oil Burner Certification Exam.

Learn More

Scan the QR code included below to learn more about the program and submit your preliminary application in Fall 2024.

If you have any questions, please call us at 508-416-2170.

Please Note: **You can only apply for one program.**





Tuition-Free/Zero Cost

*Workforce Skills Cabinet
Career Technical Initiative*

200-Hour Plumbing Program

The Application Process will Start in Spring 2025

About the Program Grant

Grant funding for this course is administered by the Commonwealth Corporation on behalf of the Massachusetts Workforce Skills Cabinet. Keefe Regional Technical High School administers this program, in partnership with the MassHire Metro South/West Career Center.

Course Content

Launch your career as a Journeyman Plumber. This 200-Hour program will include the required 110 hours of code and theory studies for Tier 1 as part of the Massachusetts 5-tier program. It also includes OSHA Certification, hands-on practice, and essential career development and employability skills training.

How to Apply

Please visit our website at Keefeatnight.org and click on the CTI Tuition-Free programs tab, which appears on the top menu of the main page. Read the "Eligibility" section of that page to determine if you pre-qualify for the program. If you meet the requirements, you can fill out the preliminary application - found on the same page. Following your application submission, we will contact you to discuss next steps.

Credentials Earned

- 10-Hour OSHA Certification
- Completion of Tier 1 of the Massachusetts 5-Tier Plumbing Code Program, for a total of 110 code hours.

Learn More

Scan the QR code included below to learn more about the program and submit your preliminary application in Spring 2025.

If you have any questions, please call us at 508-416-2170.

Please Note: **You can only apply for one program.**



English Language Course - Levels/Niveles 1, 2, 3 & 4 - In Person

Welcome/Bienvenidos/Bemvindos/Benvenuti/Bienvenue!

Learning to speak English can open up many opportunities to non-English speakers. Keefe at Night provides excellent ESL classes to the community. Our instructors are truly committed and seasoned professionals who have a love for teaching English to adult learners. We offer 4 levels of study: Beginner, Advanced Beginner, Intermediate and Advanced. If you have never taken English language classes and consider yourself a beginner, you place in Level 1 and do not need to take a placement test. If you attended a class at Keefe at Night recently, you will move on to the next level.

New Students: For Levels 2, 3 & 4 there will be a placement test at Keefe Tech on August 14 between 4:00 p.m. and 7:00 p.m. Plan on a half hour for completion of the process.

Classes begin on September 10 & end on December 12. They take place on Tuesdays and Thursdays from 6:00 - 9:00 p.m.

The total cost for the class is \$299 for all levels and includes two books.

Cursos de Inglés: El poder comunicarse en inglés puede abrir muchas puertas para personas que actualmente no hablan el idioma. Keefe at Night brinda excelentes clases de Inglés a la comunidad. Nuestros maestros son profesionales con mucha experiencia, quienes aprecian la importancia de la enseñanza del idioma a personas adultas. Ofrecemos cuatro niveles de aprendizaje: Principiantes, Principiantes Avanzados, Curso Intermedio y Curso Avanzado. Si nunca ha tomado cursos de inglés y se considera principiante, entrará al primer nivel. No necesita tomar una prueba. Si tomó clases en Keefe at Night recientemente, pasará al siguiente nivel.

Estudiantes Nuevos: Para los niveles 2, 3 y 4 habrá una prueba de colocación de nivel en Keefe Tech el 14 de agosto de las 4:00 p.m. y 7:00 p.m. Planifique media hora para completar el proceso.

El curso de inglés empieza el 10 de septiembre y termina el 12 de diciembre. Las clases se reúnen los martes y jueves de 6:00 a 9:00 PM.

El costo total de la clase para todos los niveles es \$299 e incluye 2 libros.

Aulas de Inglês: Aprender a falar inglês pode abrir muitas oportunidades para pessoas não falantes da língua Inglesa. Keefe at Night oferece excelentes aulas de Inglês para a comunidade. Nossos instrutores são profissionais verdadeiramente comprometidos e experientes que estimam a importância de ensinar Inglês a estudantes adultos.

Oferecemos 4 níveis de estudo: Iniciante, Iniciante Avançado, Intermediário e Avançado. Se você nunca fez aulas de inglês e se considera um iniciante, você será colocado no Nível 1. Você não precisa fazer a prova. Se você assistiu a uma aula no Keefe at Night recentemente, você passará para o próximo nível.

Novos Alunos: Para os níveis 2, 3 e 4 haverá um teste de nivelamento na Keefe Tech em 14 de agosto das 4:00 às 7:00 p.m. Planeje meia hora para a conclusão do processo.

As aulas começam em 10 de setembro e terminam em 12 de dezembro. Elas acontecem às terças e quintas-feiras, das 6:00 p.m. às 9:00 p.m.

O custo total da aula é: \$299 para todos os níveis. Dois livros estão incluídos no custo do curso.

No Aulas/Clases/Classes: 9/26, 10/3, 10/10, 11/5, 11/21 & 11/28.

Instructors:

Nevin Aziz
Vicki Kravitz
Mary Lee Mullin
Kim McCormack
Valerie Rector
Brenda Seymour
Linda Strayhorn

ABESLLEVEL1-4 Fall2024

09/10/2024 - 12/12/2024
6:00PM - 9:00PM

\$299.00
Days: Tu,Th
Sessions: 22

Winter Session: Winter Session: English Language Course - Level/Nivel 1- In Person

AB11Winter-Winter2025
1/06/2025 - 3/26/2025
6:00PM - 9:00PM
No Class: 1/20 & 2/17.

\$299.00
Days: M, W
Sessions: 22



American Sign Language

American Sign Language - Beginner - In Person

In this class, you will learn the basics of American Sign Language. The group is very interactive. You will gain experience and a foundation for basic sign language conversation skills. You will also learn about deaf environment and culture. Required text book to be purchased by students in advance of class: Signing Illustrated by Mickey Flodin ISBN 978-0-399-53041-8 No Class: 10/14. **Instructor: Kathleen Romeo.**

LASL18-Fall2024 \$109.00
09/16/2024 - 11/04/2024 Days:M
6:00PM - 7:30PM Sessions: 7
Keefe Tech, Second Floor, 311

International Languages

French - Beginner - In Person

This course is designed for students who have little to no knowledge of the French language. In this class, students will develop basic communication skills through practice in listening, speaking, reading, writing, and role-playing. Please view the online description for information on the book that you will need to purchase in advance of class. No Class: 10/14 & 11/11. **Instructor: Annabelle Lebas.**

LAFRENCH01-Fall2024 \$99.00
09/23/2024 - 11/25/2024 Days:M
6:00PM - 8:00PM Sessions: 8
Keefe Tech, Main Floor, 201

French - Intermediate - In Person

Do you know how to count to 100; introduce yourself; name colors, and have basic vocabulary in French? Then you're ready for the next step! Come and learn more about this language with a French teacher! We'll work on grammar but also on fun topics to help you get ready to the next level! Please view the online description for information on the book that you will need to purchase in advance of class. No Class: 11/5. **Instructor: Annabelle Lebas.**

FRENCH03-Fall2024 \$99.00
09/24/2024 - 11/19/2024 Days:TU
6:00PM - 8:00PM Sessions: 8
Keefe Tech, Main Floor, 201

Conversational French - In Person

Parlez-vous français Absolument! **This course is for individuals with an Advanced Level of proficiency in French.** Practice with Annabelle, a native speaker of French. Students in this class will have an opportunity to develop conversation based on their personal interests. They are encouraged to come to class with a list of topics they would like to discuss (in French) during class. This approach will help students feel more confident about their conversation and debate skills. No Class: 11/05. **Instructor: Annabelle Lebas.**

LAFRENCH04-Fall2024 \$119.00
09/25/2024 - 11/13/2024 Days:W
6:00PM - 8:00PM Sessions: 8
Keefe Tech, Main Floor, 201

Tourists' Guide to Paris and France - In Person

Join Anabelle Lebas on a fun and informative "tour" of France and its culture. In this class you will learn basic survival French vocabulary, necessary for travelers who do not speak French. You will learn about Paris destination spots and how to utilize public transportation. Anabelle will share her personal experience on how to get the most out of Paris. She will also touch upon France's 13 regions. **Instructor: Annabelle Lebas.**

LAFRENCHTOURISTFall2024 \$49.00
11/07/2024 - 11/14/2024 Days:Th
6:00PM - 8:00PM Sessions: 2
Keefe Tech, Main Floor, 209

Brazilian Portuguese I - Beginner - In Person

This course in Brazilian Portuguese is designed for beginners who are just starting to study the language. Students will learn basic grammatical structures, and practice everyday language in situational contexts like greetings, shopping, dining out, giving directions, and traveling in Brazil. They will also learn first-hand about Brazilian culture through music, cuisine and history. Materials are included in the cost of tuition. **Instructor: Eliane Vaz Louison.**

LAPORTUGUESE2-Fall2024 \$199.00
09/04/2024 - 11/13/2024 Days:W
6:00PM - 8:30PM Sessions: 11
Keefe Tech, Main Floor, 205

Spanish for Beginners - In Person

This course is designed for students who have little to no knowledge of the Spanish language. In this class, students will develop basic communication skills through practice in listening, speaking, reading, writing, and role-playing. In a few months from now you could be having a basic conversation in español. Please view the online description for information on the book you will need to purchase in advance of class. **Instructor: Mary Lee Mullin.**

LASP04-Fall2024 \$169.00
09/04/2024 - 11/06/2024 Days:W
6:00PM - 8:00PM Sessions: 10
Keefe Tech, Main Floor, 219

 **Visit Our Website**
Full course descriptions can
be found online at Keefeatnight.org.

MEDICAL AND ALLIED HEALTH CERTIFICATION TRAINING

Clinical Medical Assistant Certification Training - In Person

This certification program includes 140 hours of classroom lectures and hands-on labs. The course also includes a 160-hour clinical externship opportunity. The clinical externship provides students with an opportunity to perform hands-on work with actual patients at a local medical facility. Many employers require hands-on clinical experience as part of their hiring requirements.

In this course students will train on how to assist physicians by performing functions related to the clinical responsibilities of a medical office. The class meets on Tuesdays and Thursdays and on 7 Saturdays. A full schedule is posted online.

Certification: The program meets all of the necessary requirements to sit for the National Healthcareer Association, NHA, Clinical Medical Assistant (CCMA) Exam. An in-person testing session will be arranged.

Requirements to sit for the exam: Successful completion of the CCMA program and a High School Diploma or Equivalency. Students will be responsible for paying the \$165 testing fee.

Clinical Externship: To be eligible for the externship, students must successfully complete the 140-hour classroom program, submit to a thorough background check, drug screening and meet other requirements. Please note that students must meet the healthcare provider's requirements and safety mandates.

Books and materials are included in the cost of tuition.

Payment Plan: Students paying tuition in full at time of registration will receive a 10% discount. Students on the payment plan will be required to pay 50% of the full tuition at registration and the remaining 50% one month into the 140-hour classroom program. No Class: 11/28. **Instructor: Nicole Williams.**

MEDCMA1-Fall2024
09/17/2024 - 12/19/2024
Tu, Th: 6:00PM - 9:30PM
Sa: 9:00AM - 4:30PM
Keefe Tech, Second Floor, 323

\$2749.00
Days: Tu, Th, Sa
Sessions: 34



Phlebotomy Technician Certification Training - In Person

This certification program includes 90 hours of classroom lecture, hands-on labs, and a clinical externship of up to 120 hours. The clinical externship provides students with an opportunity to perform hands-on work with actual patients at a local medical facility. Many employers require hands-on clinical experience as part of their hiring process. The class meets on Mondays and Wednesdays and on 3 Saturdays. The program prepares professionals to collect blood specimens from clients for the purpose of laboratory analysis. Students will become familiar with all aspects related to blood collection and develop comprehensive skills to perform venipunctures completely and safely. Classroom and lab work includes terminology, anatomy and physiology; blood collection procedures; specimen hands-on practice; and training in skills and techniques to perform puncture methods.

National Certification: This program meets all of the necessary requirements to sit for the National Healthcareer Association Phlebotomy Technician (CPT) Exam. An in-person testing session will be arranged.

Requirements to sit for the exam: Successful completion of the CPT program and a High School Diploma or Equivalency. Students will be responsible for paying the \$129 testing fee.

Clinical Externship: This program includes an internship of up to 120 hours. To be eligible for the clinical externship, students must successfully complete the 90-hour classroom program, submit to a thorough background check, drug screening and meet other requirements. Please note that students must meet the healthcare provider's requirements and safety mandates.

Books and materials are included in the cost of tuition.

Payment Plan: Students paying tuition in full at time of registration will receive a 10% discount. Students on the payment plan will be required to pay 50% of the full tuition at registration and the remaining 50% one month into the 90-hour classroom program. No Class: 10/14, 11/11, and 11/27. **Instructor: Lucy Fonseca.**

MEPHLEBT1-Fall2024
09/30/2024 - 12/11/2024
M, W: 6:00PM - 9:30PM
Sa: 9:00AM - 3:00PM
Keefe Tech, Second Floor, TBD

\$1979.00
Days: M, W, Sa
Sessions: 24

Inclement Weather Class Cancellations -

Information will be posted
on our website and
our Facebook page.



You can also call 508-416-2170
for a recorded message.

MEDICAL AND ALLIED HEALTH CERTIFICATION TRAINING

Emergency Medical Technician, EMT Certification Training

Program - Summer 2024 - Hybrid Format

EMT basics are the foundation of pre-hospital emergency medical care. In this course you will learn how to conduct an initial evaluation, treat and transport patients with medical problems as well as those with injuries from accidents (trauma). This program exceeds the National and State Standard Curriculum for EMTs. The course includes AHA Healthcare Provider CPR. Upon successful completion of this 160-hour course, students will be eligible to take the practical and written certification exams to become certified nationally and in the Commonwealth of Massachusetts.

Prerequisites: Students must be able to lift 125 lbs; possess advanced to fluent English language proficiency, and have strong verbal and communication skills.

Class Format: This is a hybrid course, which consists of online self-paced, and in person hands-on classes. You will receive your login credentials for the online portion of the course in advance of class. A good portion of the class is online/self-paced. This portion requires you to complete weekly assignments on your own, which will cover the didactic portion of the course. The hands-on portion of the class will take place in person at Keefe Tech on Saturdays from 9:00 a.m.-1:00 pm. During the in-person classes, the class will cover the psychomotor, or hands-on portion of the course. Please view the online description for a full schedule of classes and information on materials that you will need to purchase. **Instructor: Metro-West EMS Educators Staff.**

MEDEMT1-Fall2024	\$1199.00
09/05/2024 - 12/07/2024	Days:Sa
9:00AM - 1:00PM	Sessions: 12
Keefe Tech, Second Floor, 320	

MUSIC

Hand Drumming for Beginners - In Person - NEW!

For thousands of years the drum has provided people with a powerful basic tool to communicate, express themselves, form community and profoundly integrate the senses. This course will give you all the tools you'll need to really enjoy yourself playing your drum. Our introduction to the rhythms of Africa will allow us to experience the healing power of the drum and express our own voice. Plan on having a really fun time learning the traditional rhythms of the djembe drums. DrumConnection's team teaching approach provides individualized instruction, and challenges and excites your senses. Bring your drum. A few rental drums may be available from the instructor at 617-686-6080 at \$50.- for the duration of the course. You take the drums home with you! A \$5 materials fee, payable to the instructor, will cover the cost of the workbook and all written materials. **Instructor: Alan Tauber.**

ARTMUSIC12-Fall2024	\$149.00
10/02/2024 - 11/06/2024	Days:W
7:00 PM - 8:30 PM	Sessions: 6
Keefe Tech, Main Floor, Stage in Auditorium	

MUSIC

Instant Piano for Hopelessly Busy People - Virtual Platform/Live Instruction

Please note that you will need to have your instrument with you through the duration of the class. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. The chord method is lots of fun and dramatically easier to learn than reading notes. Ages 13+. A class invitation link will be sent to your email account in advance of class. **Instructor: Craig Coffman.**

ARTMUSIC09-Fall2024	\$69.00
10/28/2024 - 10/28/2024	Days:M
6:30PM - 9:30PM	Sessions: 1
Live Virtual Classroom	

Instant Guitar for the Hopelessly Busy People - Virtual Platform/Live Instruction

Please note that you will need to have your instrument with you through the duration of the class. In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. For ages 13+. A class invitation link will be sent to your email account in advance of class. **Instructor: Craig Coffman.**

ARTMUSIC10-Fall2024	\$69.00
10/30/2024 - 10/30/2024	Days:W
6:30PM - 9:30PM	Sessions: 1
Live Virtual Classroom	

PERSONAL ENRICHMENT

Distraction Action: How to Kick Your Distractions to the Curb & Boost Your Productivity - In Person - NEW!

Go from disorganized, unmotivated and distracted to flying through your most important tasks at lightning-speed!

This 90-minute workshop will teach you a step-by-step process for minimizing and eliminating distractions in your day, so you can finally complete work or personal tasks with less stress and more ease. Distraction Action can help you be more intentional, so you can stop wasting time and experience a more impactful day and life. **Instructor: MaryEllen Giombetti.**

HEALTHW12-Fall2024	\$39.00
10/23/2024 - 10/23/2024	Days:W
6:00PM - 7:30PM	Sessions: 1
Keefe Tech, Main Floor, 210	

Full course descriptions and instructor bios are available on our website:
[Keefeatnight.org](https://www.Keefeatnight.org)

PERSONAL ENRICHMENT

Good Grief Guidance: How to Support Griefers - In Person - NEW!

Have you ever felt unsure of what to say or how to offer support to someone who has suffered a loss? During this course, participants will learn about grief, what to say, what not to say, tips for helpful actions, and how to handle special dates, holidays, etc. Whether you want to help a loved one, co-worker, or neighbor, or just feel more comfortable having conversations around grief and loss, by the end of 90 minutes you will have a solid set of ways to support someone who is grieving. **Instructor: MaryEllen Giombetti.**

HEALTHW13-Fall2024

11/13/2024 - 11/13/2024

6:00PM - 7:30PM

Keefe Tech, Main Floor, 210

\$39.00

Days:W

Sessions: 1

Mindfulness In the Modern World - In Person - NEW!

The goal of this class is to highlight small changes everyone can make in their lives, which can have a lasting positive impact. The class will focus on ways to incorporate and integrate healthy habits, such as sleep hygiene, nutrition and movement, that can change the way you experience life.

Instructor: Weronika Zawora.

HEALTHW18-Fall2024

10/24/2024 - 10/24/2024

6:00 PM - 9:00PM

Keefe Tech, Main Floor, 208

\$39.00

Days:Th

Sessions: 1

Preventing Burnout - In Person - NEW!

This workshop will teach you how to prevent burnout with simple, useful, and mindful strategies. We'll also explore ways to make these a part of your regular wellness habits so that you can increase personal and professional health, happiness, and well-being to reduce your risk of burnout in the future. **Instructor: MaryEllen Giombetti.**

HEALTHW14-Fall2024

10/02/2024 - 10/02/2024

6:00PM - 7:30PM

Keefe Tech, Main Floor, 208

\$39.00

Days:W

Sessions: 1

The Art of Saying "No" - In Person - NEW!

In this course we will help you gain confidence and set you up with all sorts of ways to say no in personal and professional situations. From declining invitations and setting firm boundaries to learning how to tactfully turn down unexpected tasks that just don't serve you, this workshop will teach you everything you need to know about saying no, including what to say and how to say it. **Instructor: MaryEllen Giombetti.**

HEALTHW17-Fall2024

10/22/2024 - 10/22/2024

6:00PM - 7:30PM

Keefe Tech, Main Floor, 208

\$39.00

Days:TU

Sessions: 1

General information can be found on page 29.

PET HEALTH

Pet First Aid and CPR for Cats and Dogs Certification - In Person

We all love our pets and want to keep them happy and healthy. It's important to prepare for the unexpected emergency or accident. This class will give you the tools to be ready in case of an emergency. Please view the online description for a list of all subjects that will be covered. At the conclusion of class you will receive a Certification of Completion wall certificate and wallet card good for 2 years. We look forward to teaching you these very valuable skills and helping you truly be your pet's best friend. **Instructor: Laura McCallion.**

HEALTHWPETS-Fall2024

10/07/2024 - 10/08/2024

6:00PM - 9:00PM

Keefe Tech, TBD

\$89.00

Days:M,Tu

Sessions: 2

HEALTHWPETS-Fall2024

12/02/2024 - 12/03/2024

6:00PM - 9:00PM

Keefe Tech, Main Floor, 215

\$89.00

Days:M,Tu

Sessions: 2

Connecting With Your Cat - In Person

When you adopt a cat you need to be prepared for a long-term commitment. In this class, students will discuss cat safety - do's and don'ts, and observations of which you should be aware. Students will also learn about socialization, the meaning of certain behavior. The aim of this class is to help create a stronger bond between you and your cat. We will also have a Q & A period. **Instructor: Annabelle Lebas.**

HEALTHPETS5-Fall2024

10/17/2024 - 10/17/2024

6:00PM - 9:00PM

Keefe Tech, Main Floor, 210

\$39.00

Days:Th

Sessions: 1

REAL ESTATE

Massachusetts Real Estate Salesperson Training - In Person

This class is your first step to becoming a licensed real estate salesperson! Completion of this course will qualify students to sit for the Massachusetts Real Estate Salesperson's Test.

This course is taught by professionals from Framingham-based Key Realty Services University, an approved, fully licensed and credentialed Massachusetts Real Estate School. The course is taught in both lecture and interactive format. At the completion of the program you will receive a certification booklet, which allows you to take the state examination. If you score 70% or better on your exam, you will receive your license that day!

Important: If you already hold a Real Estate License, this Pre-Licensing course is not for you. Books must be purchased in advance of class. Please see online description for information on the textbooks. **Instructor: Brad Roberts.**

REALESTATE1-Fall2024

9/30/2024 - 11/20/2024

6:00 PM - 9:00 PM

Keefe Tech, Main Floor, 220

\$369.00

Days:M,W

Sessions: 15

REAL ESTATE

Home Buying Workshop - *Virtual Platform/Live Instruction*

Spend an evening learning essential information, strategies and tips that can help to save money and avoid expensive mistakes in the home buying process. This workshop will provide a guide to help home buyers navigate a seller's market and understand how to make themselves compete while saving money and differentiating themselves from the competition. Mortgage options and other associated home buying costs are explained. A class invitation link will be sent to your email account in advance of class. **Instructor: Faina Shapiro.**

FINRE4-Fall2024	\$29.00
12/11/2024 - 12/11/2024	Days:W
6:30PM - 9:00PM	Sessions: 1
Live Virtual Classroom	

How to Sell Your Home Workshop - *Virtual Platform/Live Instruction*

If you are thinking about selling your home in the near future, this class is a must! Learn how to hire the right agent and what you need to know if you plan on selling without an agent. The class will also cover what's necessary to fix before listing and what isn't, what buyers want, and what costs are associated with selling. The importance of staging and cleaning your home before listing will also be discussed. A class link will be sent to your email account in advance of class. **Instructor: Faina Shapiro.**

FINRE6-Fall2024	\$29.00
11/13/2024 - 11/13/2024	Days:W
6:30PM - 9:00PM	Sessions: 1
Live Virtual Classroom	

Real Estate Investing Workshop - *Virtual Platform/Live Instruction*

Real estate investing can be lucrative if you know what you are doing, but it can also set you up for failure if you don't. Along with learning how to buy an income-generating rental property in this competitive market, we will discuss Massachusetts laws that every landlord needs to know to protect themselves. A class link will be sent to your email account in advance of class. **Instructor: Faina Shapiro.**

FINRE7-Fall2024	\$29.00
09/25/2024 - 09/25/2024	Days:W
6:30PM - 9:00PM	Sessions: 1
Live Virtual Classroom	

FINRE7-Fall2024	\$29.00
12/04/2024 - 12/04/2024	Days:W
6:30PM - 9:00PM	Sessions: 1
Live Virtual Classroom	

Please sign up early so that we meet our minimum class enrollment.

REIKI

Usui/Holy Fire Reiki, Level 1 Certification - In Person

In this class you will gain a general understanding of the concept of chakras, auras and Reiki energy using scanning and traditional hand positions. In level one you will learn to give Reiki to yourself, your friends, family and even your pets! This class is for beginners, or anyone interested in learning more about energy healing. Training consists of lectures as well as hands-on practice. Certification will be presented at completion of course. Please see the online description for information on the book you will need to purchase in advance of class. **Instructor: Ashley Olstein.**

REIKI1-Fall2024	\$99.00
10/15/2024 - 10/22/2024	Days:Tu
5:30PM - 8:30PM	Sessions: 2
Keefe Tech, Second Floor, 314	

Usui/Holy Fire Reiki, Level 2 Certification - In Person

In this class you will learn full treatment techniques including advanced body scanning and meditations. Gain a deeper understanding of: clearing negative energies from people and homes, distant healing, healing of emotional problems, healing of trauma and healing unwanted habits. This class will be a first step in preparing you to open your own Reiki practice or integrate it into your daily life. Certification will be presented after completion of the class. Prerequisite: Successful completion of the Usui/Holy Fire Reiki Level 1 Certification course. Please see the online description for information on the required textbook. **Instructor: Ashley Olstein.**

CAREERR2-Fall2024	\$99.00
11/12/2024 - 11/19/2024	Days:Tu
5:30PM - 8:30PM	Sessions: 2
Keefe Tech, Second Floor, 314	

Reiki Share and Review - In Person - NEW!

Perfect for Reiki practitioners that have completed and are certified in Reiki Level II - this workshop is for people who want to brush up on their Reiki skills and create a community. The class begins with a Q & A and moves into practice time. Students who have been certified in Reiki elsewhere are welcome. **Instructor: Ashley Olstein.**

CAREER3-Fall2024	\$29.00
12/03/2024 - 12/03/2024	Days:Tu
6:00PM - 8:00PM	Sessions: 1
Keefe Tech, Second Floor, 314	

Inclement Weather Class Cancellations -



Information will be posted on our website and our Facebook page. You can also call 508-416-2170 for a recorded message.

SERVSAFE CERTIFICATION

ServSafe Manager Training/Certification Testing - In Person

This National Restaurant Association food and beverage safety training course is appropriate for food-service management staff working in health care, schools, restaurants and all food service establishments. Your paper-based certification exam will be conducted in the last hour of the program. The vast majority of our students pass the exam on their first try. Please see online description for information regarding the suggested book for this class. **Instructor: Lynn Petrowski.**

SSCERT01-Fall2024

10/08/2024 - 10/09/2024

4:00PM - 7:30PM

Keefe Tech, Main Floor, 209

\$169.00

Days:Tu,W

Sessions: 2

SSCERT01-Fall2024

12/10/2024 - 12/11/2024

4:00PM - 7:30PM

Keefe Tech, Main Floor, 208

\$169.00

Days:Tu,W

Sessions: 2

SMALL ENGINE REPAIR

Small Engine Repair - In Person

JR is back! Rejuvenate your equipment! Learn how to tune-up, repair and even overhaul small gasoline engines found in snow blowers, go-karts, chainsaws, lawn mowers, tillers, leaf blowers and string trimmers. Don't pay for expensive repairs when you can do them yourself! Come prepared and bring your small engine on the first night of class. The engine may remain attached to a snow blower, lawn mower or other small engine equipment. Important: There is no storage available. Be sure you can transport your equipment to and from class each week. **Instructor: James Gable.**

AU04-Fall2024

09/10/2024 - 10/15/2024

6:00PM - 9:00PM

Keefe Tech, Ground Floor, Auto

\$199.00

Days:Tu

Sessions: 6

SPORTS

Pickleball: Fun Adult Starter Pickleball at Longfellow Pickleball Center

With four indoor courts, the program is designed for you to learn how to play successfully regardless of your level. This is a Saturday class. This class will take place at the Longfellow Pickleball Center, which is located directly across the street from the Longfellow Health and Tennis Club: Longfellow Pickleball Center | 522A Boston Post Road, Wayland, MA 01708.

If you have any questions not related to registration, please contact Tom O'Reilly at longfellowpickleball@gmail.com | 508-769-0768. **Instructor: Staff, Longfellow Pickleball Center.**

PICKLEBALL-Fall2024

09/07/2024 - 11/09/2024

1:30PM - 3:00PM

Pickleball Center at Longfellow, Across from Club

\$229.00

Days:Sa

Sessions: 10

TRADES - LICENSE EXAM PREPARATION

Construction

Construction Supervisor Unrestricted License Exam Preparation - In Person

Space is limited. Registration Deadline: October 17, 2024.

This class will help you prepare for your Massachusetts Construction Supervisors unrestricted license exam. The course requires students to devote a significant amount of time familiarizing themselves with the building code materials and methods of preparation for the exam. Through this learning method, students will be able to retain the process of the system in order to find the answers to the test questions that will be presented. In addition to class time, students will be expected to work on practice exams and to read 6-8 hours per week. All Textbooks and Study Materials (\$500 value) are included in the cost of tuition. **Prerequisite to take the State Exam:** Three years of documentable construction experience. No Class: 11/21 & 11/28. **Instructor: Mass Nail It Staff.**

CONSTRUCTLIC-Fall2024

10/24/2024 - 12/12/2024

6:00PM - 8:00PM

Keefe Tech, Main Floor, 201

\$899.00

Days:Th

Sessions: 6

Hoisting 2A and 1C Exam Preparation/Continuing Ed. Credit - In Person

This course counts toward Massachusetts Continuing Education credit. This class will prepare you to take the Massachusetts Hoisting License exam. We will go over the exam application process and will review requirements for the D.O.T health certificate, which qualifies you to take the exam. Topics covered include: General Laws 520 CMR, Dig Safe Law, OSHA, Jackie's Law, Hand Signals, Trenching, Shoring and Basic Hydraulics. **Instructor: Mass Nail It Staff.**

TP100-Fall2024

10/02/2024 - 10/09/2024

5:00PM - 8:00PM

Keefe Tech, Main Floor, 207

\$169.00

Days:W

Sessions: 2

Trades - Electrical

Electrical Journeyman, Module 1 - 200 Hours

This course is available to students who qualify for grant funding. Please see the full ad on page 15 for details.

Electrical Code - Journeyman, Module 6 - In Person

This program is for everyone continuing their studies in the Electrical Code Journeyman Module program. It is open to all seeking licensure in Massachusetts. The curriculum includes: Branch Circuit /Feeder/ Service Requirements, Branch Circuit/ Feeder/ Service Calculations and Voltage Drops, Motors, Controls and Transformers Requirements and Use of Code book tables and examples, Swimming Pools, and similar Installations. **Instructor: Jesus Pizarro.**

ELECTRICMOD6-Fall2024

9/05/2024 - 12/05/2024

5:00 PM - 9:00 PM

Keefe Tech, Main Floor, 224

\$559.00

Days:Tu,Th

Sessions: 21

TRADES - LICENSE EXAM PREPARATION

HVAC - Oil and Gas Burner Technology - 200 Hours

This course is available to students who qualify for grant funding. Please see the full ad on page 16 for details on the tuition-free program.

Trades - Plumbing

Keefe at Night offers all 5 tiers of the Massachusetts Journeyman Plumbing Code and Theory Program. Our 4-year Tier Program fulfills the required Tier Code & Theory portion of training for students wishing to become Massachusetts Journeyman Plumbers. Each Tier covers the state requirements for licensure which can be found on the website at <https://www.mass.gov/info-details/plumbing-tier-program>. Enrollment is open to non-licensed plumbing apprentices in Tier 1 ONLY. Students wanting to enroll in Tiers 2, 3, 4 & 5 must hold a current Massachusetts apprenticeship license and have successfully completed the previous tier. You will not be able to enroll in Tier 2 until you have successfully completed Tier 1 and have attained a Massachusetts Plumbing Apprentice license. (All tiers must be taken in consecutive order.)

With the exception of Tier 1 (see above), classes are open only to current apprentices licensed as a Massachusetts Plumbing Apprentice. Participants in the 5-Tier system are required to complete 550 classroom hours (110 hours per Tier) and 6800 apprenticeship work hours (1700 hours per work year) to qualify to take the Journeyman Plumber Test. Additional information on apprenticeship requirements can be found on the mass.gov website in the 248 CMR 11 document.

We strongly recommend that all students visit The Board of Registration of Plumbers and Gas Fitters website at: <https://www.mass.gov/plumber-licensing> for information on Journeyman License requirements and processes.

Plumbing Codebooks are not required for Tier 1. However all students in Tiers 2 - 5 must possess a current codebook during the entirety and through the completion of their program. Codebooks can be purchased online at <https://www.phccma.org/ecommerce/code-books.rhtml>.

Plumbing Code and Theory Tier 1 with OSHA - 200 Hours

This course is available to students who qualify for grant funding. Please see the full ad on page 17 for details on the tuition-free program.

Plumbing Code and Theory Tier 1 with OSHA - Full Tier Program - In Person

PLUMBING.TIER1-Fall2024 \$978.00
09/04/2024 - 12/05/2024 Days:M,W,Th
5:30PM - 9:00PM Sessions: 34
Keefe Tech, Main Floor, 216
No Class: 09/26, 10/3, 10/10, 11/5, 11/21, 11/27 & 11/28.
Instructor: Jamie Prevosk.

Plumbing Code and Theory Tier 2 - Full Tier Program - In Person

This tier will be offered in Spring 2025. In order to enroll in Tier 2, you must have successfully completed the required 110 code hours and OSHA certification Tier 1. You will also need to have secured a plumbing apprenticeship license.

Plumbing Code and Theory Tier 3 - In Person - First Semester Registration Only

In order to enroll in Tier 3, you must have successfully completed the required 110 code hours in Tier 2.

PLUMBING.TIER3-Fall2024 \$479.00
09/05/2024 - 10/22/2024 Days:M,Tu,Th
5:30PM - 9:00PM Sessions: 17
Keefe Tech, Main Floor, 217
No Class: 9/26, 10/3, 10/10 & 10/14.
Instructor: John Ryder

Plumbing Code and Theory Tier 4 - In Person - First Semester Registration Only

In order to enroll in Tier 4, you must have successfully completed the required 110 code hours in Tier 3.

PLUMBING.TIER4-Fall2024 \$479.00
09/04/2024 - 10/21/2024 Days:M,W,Th
5:00PM - 8:30PM Sessions: 17
Keefe Tech, Main Floor, 218
No Class: 9/26, 10/3, 10/10 & 10/14.
Instructor: Matthew Flynn

Plumbing Code and Theory Tier 5 - In Person - First Semester Registration Only

In order to enroll in Tier 5, you must have successfully completed the required 110 code hours in Tier 4.

PLUMBING.TIER5-Fall2024 \$479.00
09/05/2024 - 11/14/2024 Days:Tu,Th
5:00PM - 8:30PM Sessions: 17
Keefe Tech, Main Floor, 220
No Class: 9/26, 10/3, 10/10 & 11/5.
Instructor: Eric Gordon

 **Visit Our Website**
Full course descriptions can
be found online at Keefeatnight.org.

TRAVEL

New York Bus Trip / Broadway - November 23, 2024

Our New York - Broadway trip includes round-trip transportation via modern, Wi-Fi equipped motor coach, complimentary city map, Broadway Show Guide, Dining Guide, and the assistance of our expert trip guide, Doug Sanders. We will leave Keefe at 7:30 a.m. sharp and travel to the Big Apple. Once in Times Square, we will head to the TKTS Booth to purchase available tickets for matinee performances at half the list price on the day of the show! (Or purchase your tickets in advance to secure seats.) Once you have purchased tickets, there is time to sightsee, have lunch, or shop until the 2:00 p.m. performances. Depart NYC at 7:00 p.m. for your return trip, arriving back at Keefe Tech before 11:00 pm. Important Message: Registrations for the trip are transferable, but not refundable. Credit vouchers are also not available on trips. Parking at Keefe: Please park on the west side of campus, located at the Winter Street entrance, closest to the gym. Look for the Bloom Charter bus. **Trip leader: Doug Sanders.**

TRIPS 01-Spring2024
11/23/2024 - 11/23/2024
7:30AM - 11:00PM
BUS TRIP

\$109.00
Days: Sa
Sessions: 1

WELDING

Basic Welding - Mondays and Wednesday OR Tuesdays and Thursdays

This course is for individuals who have little or no knowledge of welding. It includes lectures as well as hands-on activities. You will learn the basic skills and safety requirements of welding processes: Stick, MIG, TIG & Torch as well as how to use a variety of hand tools for sheet metal. All safety equipment and materials and supplies will be provided for your use. You will be required to wear long pants and closed steel toed shoes. Your project must be small enough to be able to carry it in and out of the building on the night of class as there is no storage available at Keefe.

Basic Welding - In Person, M/W

Instructor: Jessen Sylvestre

WE01MW-Fall2024

09/09/2024 - 10/28/2024

6:00PM - 9:00PM

Keefe Tech, Ground Floor, Metals & Fabrication

\$429.00
Days:M,W
Sessions: 14

Basic Welding -- In Person, T/Th

Instructor: John Nolan

WEFAB02-Fall2024

09/10/2024 - 11/07/2024

6:00PM - 9:00PM

Keefe Tech, Ground Floor, Metals & Fabrication

\$429.00
Days:Tu,Th
Sessions: 14

WRITING

Novel-Writing - In Person - NEW!

Got a story to tell? Don't be a "someday novelist!" This low-stress, high-velocity course, modeled on National Novel-Writing Month, will give you the tools you need to get that saga from your head to the page. Students will learn how to create characters, dialogue, description, setting, and more. Meetings include in-class writing as well as dedicated time for supportive peer review of novels-in-progress. **Instructor: Tilia Klebenov Jacobs.**

Writing03-Fall2024

10/09/2024 - 12/04/2024

6:00PM - 8:00PM

Keefe Tech, Main Floor, 215

\$159.00

Days:W

Sessions: 8

The Joys and Struggles of Writing and Publishing a Children's Picture Book - In Person - NEW!

Join local author Pamela Wight for a fun and informative hour where she'll share her publishing tale (with a bird's tail, a cat's purr, and a squirrel's wings) while also devoting time for Q & A. She includes humor and quotes from other writers in describing the circuitous, rather serendipitous journey from writing, to illustration, to publication. Pam will share how she researched the way authors are "supposed" to write and publish picture books, and then how she did it her way for all three of her children's books: *Birds of Paradise* (2017), *Molly Finds her Purr* (2019) and her newest, *Petey Wants Wings* (September 2024).

Writing04-Fall2024

10/02/2024 - 10/02/2024

5:00 PM - 6:00 PM

Keefe Tech, Main Floor, Auditorium

\$10.00

Days:W

Sessions: 1



See you in the Fall!

We're Hiring Electrical Instructors

About the Position

We are currently seeking dedicated and knowledgeable instructors for our Electrical Code Modular Program. As an instructor, you will have an opportunity to share your knowledge with adults who are just starting out in the field. You will be responsible for teaching 1 or 2 Modules during our Spring and Fall semesters. The ideal candidate would be available 2-3 nights a week after 5pm or on Saturday mornings.

Requirements:

- Teaching experience
- Possesses a Master Electrician License

How to Apply

Please send your resume to Soraya Winters at swinters@jpkeefe.org to apply. If you have any questions, please call Keefe at Night at (508) 416-2170.



Join Us On October 2, 2024 For: *The Joys and Struggles of Writing and Publishing a Children's Picture Book*



Join local author Pamela Wight for a fun and informative hour where she'll share her publishing tale (with a bird's tail, a cat's purr, and a squirrel's wings) while also devoting time for Q & A. She includes humor and quotes from other writers in describing the circuitous, rather serendipitous journey from writing, to illustration, to publication. Pam

will share how she researched the way authors are "supposed" to write and publish picture books, and then how she did it her way for all three of her children's books: *Birds of Paradise* (2017), *Molly Finds her Purr* (2019) and her newest, *Petey Wants Wings* (September 2024).

Pam's just-published 9 x 12 hardback labor of love will be available for purchase.

Day: Wednesday, October 2

Time: 5:00 – 6:00 PM

Location: Keefe Tech Auditorium

Price: \$10.00

About the Author: Pam Wight



Pamela S. Wight writes with creative aplomb for children and adults. In addition to her children's books, she is the published author of two books of romantic suspense – *The Right Wrong Man* and *Twin Desires*. She now adds flash memoir to her repertoire: *Flashes of Life*. Pam pens a popular weekly blog called *Roughwighting* (www.roughwighting.net). She teaches Creative Writing classes in the Boston and San Francisco Bay areas.

Fall Semester Cooking Classes



Join us to learn new recipes & bake some sweet treats!

Learn to cook and bake or polish your culinary skills as you embark on a flavorful and fun journey with our cooking and baking instructors. Explore the world of baking and cooking as you create delicious dishes and treats.

For these classes, we recommend parking on the east side of the building (across from Loring Arena). The kitchen is very close to that entrance.



**Sweet and Savory
Gifts from the Kitchen**



Not-so-scary Main Courses



Holiday Cookie Swap



Peeps, Fudge & Truffles, Oh My!



So You Think You Can't Cook?



French Dishes



**Holiday Cookies: Introduction to
Flood Frosted Cookies**

Class Dates:

So You Think You Can't Cook?:
October 16

Not-so-Scary Main Courses:
November 6

Peeps, Fudge & Truffles, Oh My!:
November 20

**Holiday Cookies: Introduction to
Flood Frosted Cookies:**
December 4

Sweet & Savory Gift from the Kitchen:
December 11

French Dishes:
December 12

Holiday Cookies Swap:
December 18

Learn More on Page 8

GENERAL INFORMATION, POLICIES AND PROCEDURES — FALL 2024

Welcome to Keefe at Night! For a better understanding of our Fall schedules and procedures, please read the information that appears below.

Safety Protocols for In-Person and Hybrid

Courses: Students attending in-person and hybrid courses must adhere to safety protocols in place at the time their class is running.

Office Hours:

Starting on September 4, 2024 through mid December

Monday – Thursday: 8:00 a.m. to 9:00 p.m.

Friday: 9:00 a.m. to 4:00 p.m.

Scheduled School Closings & Class Cancellations

9/26, 10/3, 10/10, 10/14, 11/5, 11/11, 11/21, 11/27 & 11/28

Please check your registration receipt for possible additional cancellation dates for your specific class/es.

Tuition/Registration Payment: Payment in full is due at registration. Payment plans are available as noted in specific class descriptions. Registrations under payment plans must be processed by phone or in person.

There are 4 convenient ways to register and pay:

1. *Online Registration:* Visit www.keefeatnight.org and click on the “Registration” tab that appears on the menu bar at the top of the main page. From there click “Register” and click on “My Account.” If you don’t have an account, you can create a new one there as well.

2. *Mail-in Registration:* You can mail in your payment using the registration form in the catalog. Our address is: Keefe at Night, 750 Winter Street, Framingham, MA 01702. No cash please.

3. *Telephone Registration:* During office hours,

please call us at 508-416-2170 with a credit card/bank card.

4. *Walk-in Registrations:* Please see office hours on this page.

Forms of Payment: We accept Cash, MasterCard, Visa, Checks, Money Orders, & Organization Purchase Orders. Please note: Refunds made to credit cards may take 2-3 business days or longer to appear on your online statement. Refunds by check (for cash and check payments) may take up to four weeks to reach you.

Age Requirement for Registration: The required minimum age is 18 for Keefe at Night Programs. The New York/Broadway trip and virtual music courses are open to children 13 years of age and up.

Late Registration: Students may register for a class after the start date only with the approval of the instructor. Tuition is not prorated.

Refund Policy for Courses

Cancellation for All Classes: If Keefe at Night cancels classes, you will receive a full refund.

Withdrawals:

1. 7 Days before start date: Full tuition refund, minus \$10 cancellation fee.
2. 6 Days or less before start date: A course credit voucher will be issued for 75% of course tuition.
3. Withdrawal or absence from course on the day that it meets: There is no refund or credit voucher. You may, however, transfer your enrollment to a friend or relative.
4. There are no refunds for payments for the New York Trip. You can, however, transfer your seat to someone else.
5. No course credit vouchers or refunds will be issued after the start of class.

Withdrawal course credit vouchers are valid for 2 years from the date of issue.

GENERAL INFORMATION, POLICIES AND PROCEDURES – FALL 2024

Missed Classes in Certification/Licensing

Programs: Some programs require a set number of hours for successful completion. If you must miss more than one class, be sure to speak with your instructor. Please know that missed hours will be made up at a time when your instructor is available and there will be a fee of up to \$50 per hour with a three-hour minimum.

Certificates of Completion: Certificates of completion will be provided for licensing and certification courses. If you need a certificate for confirmation of attendance, please let us know, and we will prepare one for you.

There is a \$5.00 processing fee for each lost or misplaced certificate.

Night of the Week & Time of Classes: Classes are in session Monday through Thursday evenings (with a few Saturdays for extended-period certification/licensing programs). Evenings and times are subject to change due to unexpected circumstances. However, every effort will be made to hold classes on the dates and times listed in this Catalog.

Change of Instructor: Keefe at Night reserves the right to retain, assign or change instructors as necessary without contacting enrolled students.

Inclement Weather Cancellations for In-Person & Hybrid In-Person Classes. If Keefe Regional Technical High School closes during the day, there will be no evening program. If the day program is in session and conditions prohibit safe travel in the evening, every effort will be made to contact all instructors and students by email and when necessary by phone. If in doubt, please call the Keefe at Night main phone number: 508-416-2170 for a recorded message. An announcement will also be posted on our website (inclement weather tab on the menu bar) which connects you to our Facebook page: <https://www.facebook.com/keefetechconted/>.

Textbooks/Class Supplies: Unless otherwise noted, students will need to purchase their books on their own in advance of their first class. Please check the online course descriptions to confirm whether or not books are included in the cost of tuition. When needed, ISBN numbers or bookstore links are provided. Keefe at Night does not operate a bookstore. Please visit your local bookstore or place your order online.

Class Locations: Please check your receipt for your room number. For hybrid & live/virtual classes, login information will be sent to students by email in advance of class. If you are taking classes in the ESR Kitchen or the Auditorium, we suggest that you park on the Fountain Street entrance side of campus. If you are taking dance lessons, it would be best to park by the Winter Street entrance side of the building.

Policies: Keefe at Night students, instructors and staff are required to adhere to safety protocols, policies, rules and regulations that are observed by Keefe Regional Technical High School.

Please do not hesitate to contact us if you have any questions. You can reach us at 508-416-2170 or by email at: continuinged@jpkeefe.org.

We thank you for your continued support of Keefe at Night and hope you'll join us!



Keefe at Night - Registration Form

First Name: _____ Last Name: _____

Mailing Address: _____

City/State/Zip: _____

Email Address: _____ Best Phone #: _____

Course ID	Course Title	Class Dates	Tuition Amount
TOTAL			

By submitting this registration form you acknowledge that you have read and accept the Refund Policy that appears below.

Participants must be 18 or older in order to enroll in Keefe at Night programs.

Form of Payment: Check No. _____ (Payable to Keefe at Night) MasterCard ____ Visa ____
Credit Card Number: _____ Expiration Date: _____
Authorization Code: _____ Name of Card Holder: _____
Billing Address If Different from Above: _____

Refund Policy

Refund Policy for Courses/Trips

Cancellation for All Classes: If Keefe at Night cancels a course, the full amount will be refunded.

Withdrawals:

- 7 Days before start date:** Full tuition refund, minus \$10 cancellation fee.
- 6 Days or less before start date:** A course credit voucher will be issued for 75% of course tuition.
- Withdrawal or absence from course on the day that it meets:** There is no refund or credit voucher. You may, however, transfer your enrollment to a friend or relative.
- There are no refunds for payments for the New York Trip.** You can, however, transfer your seat to someone else.
- No course credit vouchers or refunds will be issued after the start of class.**

Withdrawal course credit vouchers are valid for 2 years from the date of issue.

Keefe at Night

750 Winter Street
Framingham, MA 01702

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US Postage
Paid
Framingham, MA
Permit #67
Carrier Route
Pre-Sort

ECRWSS

Residential Customer

Arts & Crafts	4-5	Medical & Allied Health Certification	
• Visual Arts	4	Training	20-21
• Floral Design	4	Music	21
• Textile Arts	4-5	Personal Enrichment	21-22
Boating Safety	5	Pet Health	22
Career and Business Tools	5-6	Real Estate	22-23
Computer Technology & Applications	6	Reiki	23
Cooking.....	8	ServSafe Certification	24
• Cuisine	8	Small Engine Repair	24
• Sweets/Desserts	8	Sports	24
Essential Adult Education Courses	10	Trades – License Exam Preparation	24-25
• GED Preparation Courses	10	• Construction	24
Finance & Retirement Planning	10	• Electrical	24
Fitness	10-13	• Plumbing	25
• Dance	10-11	Tuition-Free Programs	
• Exercise Classes	11	(for eligible participants)	15-17
• Water Exercise	12-13	• Electrical	15
• Yogalates	12	• HVAC	16
Health & Wellness	13	• Plumbing	17
Hobbies/Bridge	13	Travel	26
Home & Garden	14	Welding	26
Language Arts	18-19	Writing	26
• English Language Courses	18		
• American Sign Language	19	General Information	29-30
• International Languages	19	Registration Form & Refund Policy	31



Visit Us on Facebook: www.facebook.com/keefetechconted

Join Us this Fall!

Call 508-416-2170 or visit us online at
www.keefeatnight.org